PALIN TAKEN IN BY QUEBEC PRANKSTERS

PAGE 5

Comment pg 8

Self-help articles enlighten all winter long

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VANCOUVER • MONDAY, NOVEMBER 3, 2008 metronews.ca

Celebrity pg 18

Ashley planning to wed on French Riviera?

$1.5M expected for historic city neighbourhoods

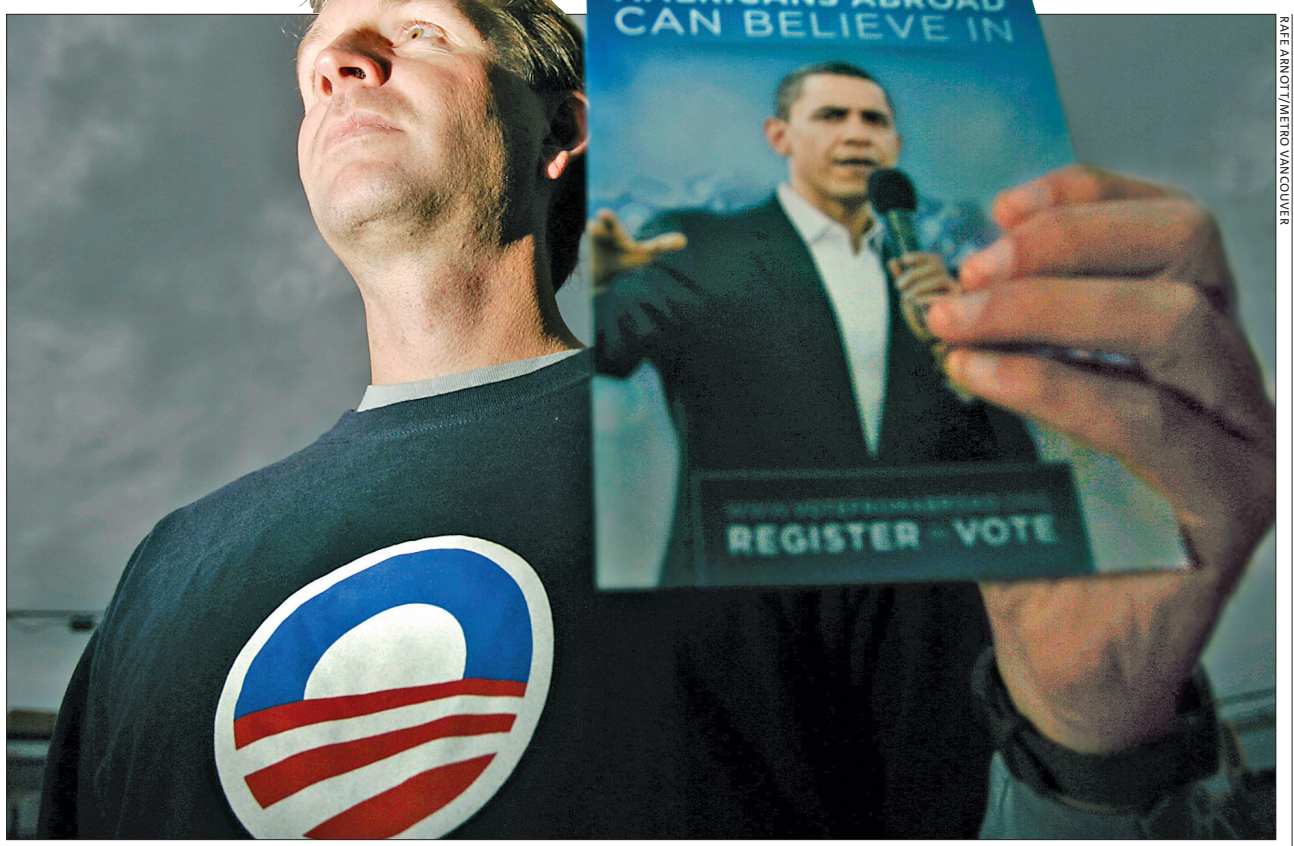
GREAT BEGINNINGS Mayor Sam Sullivan will announce a $1.5-million investment today to revitalize four historic Vancouver neighbourhoods.

The funding, part of the province's $10-million Great Beginnings initiative, will support projects like community gardens and graffiti removal in Gastown, Japantown, Chinatown and Strathcona.

The plan includes a new neon sign at the restored Pennsylvania Hotel, a Japantown commemoration project and the expansion of street and lane cleaning to 40 blocks in the Downtown Eastside.

Sullivan is expected to mention the initiatives during a conference on sustainability in Vancouver today.

METRO VANCOUVER



RAFE ARNOTT/METRO VANCOUVER

Sean Lauer is an American Democrat living in Vancouver. He said yesterday that he is nervous about tomorrow's election and hopes his vote — cast here — will help effect political change in the United States.

U.S. ex-pats eager for vote to count

JEFF HODSON
jeff.hodson@metronews.ca

The past eight years have been a difficult time for Americans living outside the United States, the co-chair of Democrats Abroad in Vancouver said yesterday.

But Sean Lauer and his fellow Democrats hope for change after tomorrow's U.S. election if Senator Barack Obama wins.

"Some of us have been here for 30 years, others for only five years, but we all care about the perception of the U.S.," said Lauer, an assistant professor at the University of B.C.

"We're all excited about this campaign and this election, just because we think it's an opportunity to re-vitalize the image of the U.S. in the world."

Lauer said the U.S. election matters to ex-pats because it "impacts the way we deal with our peers on a day-to-day basis in Canada, whether we choose to announce that we're Americans or not."

Mark Feigenbaum, chairman of the Toronto-based Republicans Abroad Canada, said the race will be closer than people predict.

"A lot of U.S. policies affect those of us living in Canada, especially tax policies and trade policies, so it's important that U.S. people eligible to vote actually vote," Feigenbaum said.

In July, the U.S. consulate estimated that 84,000 U.S. citizens live in B.C.

Michael Meneer, a Democrat living in Vancouver, said Americans living overseas and in Canada have a "particularly acute" understanding on how U.S. policy is felt around the world.

He predicted Obama will "restore the United States' position as a good world leader and a respected world leader."

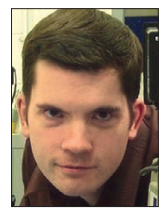
MORE U.S. ELECTION COVERAGE, PAGES 3 AND 6

ShareYourViews
vancouverletters@metronews.ca

Life allegedly imitates art in murder charge

INTERNET LURE An Edmonton filmmaker has been charged with the murder of a Maple Ridge native, allegedly copying the gruesome plot of his own script.

Police have yet to find the body of 38-year-old Johnny Altinger, who's been missing since Oct. 10, but have arrested and charged 29-year-old Mark Twitchell with first-degree murder in his death.



Mark Twitchell

It's believed Twitchell posed as a woman on an Internet dating site and lured Altinger to a rented garage, then killed him in a real-life adaptation of his recent script.

Johnny Altinger

The plot involved a sociopathic killer luring victims to a garage, tying them to a chair, and chopping them to pieces.

Co-workers described Altinger, who has lived in Edmonton for 10 years and worked as a quality control manager at Argus Machine, as quiet and solitary.

On Oct. 13, three days after Altinger disappeared, his Facebook profile had changed, listing him as in a relationship.

His status read: "John is taking off to the Caribbean for a few months."

Police are searching for another man they believe was lured to the garage on Oct. 3, but managed to escape.

VICTORIA HANDYSIDES /METRO CANADA

Going Green pg 9

Sponges need protection

Workology pg 13

Role playing with soldiers

Movies page 15

'Molly' so predictable

Please recycle

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Jamaican bobsleigh team in training talks with Whistler
The head of the Jamaican Bobsleigh Federation is hopeful to get his team training at Whistler for the 2010 Olympics. Chris Stokes said the team is in very early discussions with Whistler-Blackcomb and other service providers the team would need. **NEWS1130.COM**

Local

Rolling for gas

Drivers filling up at the Chevron gas station at Willingdon Avenue and Canada Way today will be given the chance to roll oversized dice and play to pump for free. Grand Villa Casino in Burnaby is giving away $15,000 worth of free gas to celebrate its grand opening on Wednesday. METRO VANCOUVER

Robertson to fight train fine

VOTE With two more weeks until the mayoral election, Vision Vancouver's Gregor Robertson is holding out — on paying a $173 TransLink fine, that is.

Robertson got the ticket last year when he rode two zones on the SkyTrain while only paying for a one-zone fare, according to media reports.

The Happy Planet juice company co-founder says it wasn't intentional and upgraded his ticket right away.

Now Robertson's going to use his Dec. 4 hearing to raise the issue that the high fines are unfair — especially for low-income riders.

TransLink called the incident political and refused to comment. **MARIA COOTAUCO / FOR METRO VANCOUVER**

Obama changing perceptions

ANDREA WOO
for Metro Vancouver

Tomorrow, millions of eyes will be on Barack Obama, the U.S. senator widely projected to be the first black president of America. For African-Canadians in B.C. his likely election is a pivotal time in history.

Lesra Martin, the prominent lawyer who famously brought about the release of imprisoned American boxer Rubin "Hurricane" Carter, is a Kamloops transplant by way of Ontario and New York. Motivated to vote for the first time, Martin says the fact that Obama is biracial can be a "significant motivating factor" for youths in inner-city communities.

"Little minority kids who do not believe that they have been part of the process can suddenly begin to have faith that with a little bit of hard work, rolling up your sleeves and a little bit of hope and belief, you can succeed and reach the highest office in the country," he said. "That should not be missed."

Aaron Joseph, a 24-year-old Vancouverite, agrees.

"He gives hope to minority children who now look up to him as a role model," said Joseph. Noting the impact of his election would be global, he adds: "It might make Canada open our eyes. We see our neighbours do something like that and it might make us go in the direction of having a minority prime minister."

Natassia Hanley, 25, says she is an Obama supporter because of her liberal leanings but worries about the attention he receives — both negative and positive — based solely on his race.

"It's good in a sense, because it shows that we're shifting," she said, "but there's still so much emphasis placed on the fact that he's black."

RAFE ARNOTT/METRO VANCOUVER

Natassia Hanley, 25, discusses the possibility of a Barack Obama presidency with Aaron Joseph, 24, near the Main Street SkyTrain Station yesterday.

Canadian kin
Obama's brother-in-law

GETTY IMAGES

Maya Soetoro-Ng

- Senator Barack Obama has a Canadian in his family.
- His half-sister, Maya Soetoro-Ng, is married to Konrad Ng, a Chinese-Canadian from Burlington, Ont., and assistant professor at the University of Hawaii.
- Soetoro-Ng, 38, was born in Jakarta to an Indonesian father and grew up in Hawaii.
- She is a high school teacher in Honolulu.
- Obama also has a Kenyan half-sister on his father's side.

metronews.ca
What's online today.

Read about Barack Obama's unlikely rise and more coverage of the U.S. election at metronews.ca/ world
Check movie showtimes, at metronews.ca/movies

Lotteries

Friday, Oct. 31 Lotto Super 7 7, 10, 13, 14, 23, 39 & 41 Bonus 16 Extra 20, 32, 53, 95
Saturday, Nov. 1 Lotto 6/49 18, 25, 33, 40, 42 & 49 Bonus 19 BC 49 10, 32, 33, 35, 39 & 47 Bonus 22 Extra 19, 27, 50, 83
These results are not official.

News in brief

INJURY An elderly man in a wheelchair suffered a broken leg when he was hit by a SkyTrain car at Metrotown Station. Police have not released details on the incident, which took place Saturday afternoon.

BAN Some nurses at Surrey Memorial Hospital are angry all cooking appliances are being removed from lounges, kitchenettes and nursing units, cknw.com reports. The Surrey Fire Department imposed the ban, saying the appliances were causing too many false alarms and fires.

FARMLAND The Metro Vancouver Board of Directors unanimously voted to support the last working farm in Vancouver, located at the University of B.C., by writing a letter of support to the university. Supporters are fighting to keep the 24-hectare farm from being reduced to free up land for housing, cknw.com reports.

HIGHWAY The $600-million Sea-to-Sky Highway project will be finished at the end of 2009, Transportation Minister Kevin Falcon announced at the B.C. Liberal party convention this weekend. **METRO NEWS SERVICES**

Radio Orchestra plays on

The CBC Radio Orchestra, which was supposed to go silent this month after 70 years, has been saved by Montreal businessman Philippe Labelle. It'll be reborn as the Vancouver-based National Broadcast Orchestra and will function independently of the CBC. **CBC.CA/BC**

Diwali **Festivities wind down**

RAEF ARNOTT/METRO VANCOUVER

Preet Bal, 30, pays respects during the candle lighting ceremony at the Roundhouse Community Centre in Yaletown last night as Diwali festivities in Vancouver wind down.

2010 tix going fast

VANOC warns most sold in first phase ending Nov. 7

KRISTEN THOMPSON
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VANCOUVER 2010 **Games**

If you were hoping to attend any of 2010 Olympic events, order your tickets now.

The first phase of online ticket sales closes on Friday, and the Vancouver Organizing Committee (VANOC) said most tickets will be sold during this phase.

"A request placed on or before Nov. 7 is your best chance to receive the tickets you want and is the only way to qualify to order tickets in the Priority Access Period (Dec. 8 to Dec. 22)," said Caley Denton, VANOC's vice president of ticketing and consumer marketing.

On Dec. 8, remaining tickets will be available first-come, first-serve to account holders who submitted a request during phase one.

If demand for events exceeds the available seats, as is the case with men's medal hockey games, tickets will be allocated by lottery.

Denton said the best chance to get tickets to high-demand sports is to apply for Olympic Experience Packages, which combine events.

Remaining unsold tickets will be available for sale to the public in early 2009.

Olympic Experience Packages are only available until Friday.

In demand

- 93 per cent of all accounts have requested tickets to more than one sport, with the average number of tickets per order at 15.
- Hockey is the most-requested event for account holders.

News in brief

COUNCIL City council approved an amendment to allow for additional developments on the B.C. Place Stadium site north of False Creek. Mayor Sam Sullivan said this will help finance a new roof for B.C. Place, increase local density, and provide more downtown office space.

CRASHES Highway 97 remains closed due to icy conditions after two separate crashes left two dead and two with serious injuries. A Greyhound bus flipped on its side on Saturday, injuring two people. As police left the scene, a car hit a tractor-trailer head-on, killing two people. **METRO NEWS SERVICES**

Canucks charity helps families battling autism

KRISTEN THOMPSON
kristen.thompson@metronews.ca

CAN More than a decade ago, Clara and Paolo Aquilini, the owners of the Vancouver Canucks, learned their son had autism.

It was the frustration of watching him struggle to join or be told he couldn't participate in normal activities that spurred them to create the newly launched Canucks Autism Network Society (CAN).

The mission of the charity is to provide year-round recreational and sporting activities, advocacy and resources for people with autism and their families.

"The Canucks Autism Network will play a key role in improving the quality of life for families living with autism in B.C," said Chris Zimmerman, president and CEO of Canucks Sports And Entertainment.

Canucks

- The charity was launched by the Vancouver Canucks in partnerships with the Canucks For Kids Fund.

Two houses targeted by drive-bys known to police

MARIA COOTAUCO
for Metro Vancouver

INVESTIGATION Vancouver Police are investigating two drive-by shootings that happened within two hours and two kilometres of each other.

No injuries were reported. Investigators don't know if the two events on Saturday night are related, but said that occupants of both houses are known to police and "have been involved in some criminal activity," according to Insp. Bob Chapman of the VPD.

The first incident in the 800 block of East 64th Avenue occurred at 8 p.m.

Six to eight shots were fired at the rear of the house. At just before 11 p.m., eight to 10 shots were fired at the front window of a house in the 900 block of East 54th Avenue.

Teen bus rider stabbed after fight with another passenger

INJURY An 18-year-old man was stabbed several times aboard a bus in Surrey.

According to the RCMP, the teenager got into an argument that escalated into a fight with another passenger.

He was taken to hospital with several cuts and is now in stable condition.

Police are still looking for the suspect who ran away.

The bus has been seized for examinations, passengers were interviewed and investigators are reviewing security camera footage from the Surrey Central Transit mall to identify the suspect.

METRO VANCOUVER

Baby elephant dies in Calgary Zoo
Animal rights activists are calling on the Calgary Zoo to stop breeding elephants after Malti, a 15-month baby pachyderm, died Saturday. Zoocheck Canada's Trudy Sattler said the elephant herpes virus that killed Malti was likely passed down from one of the adult elephants. METRO CANADA

Canada

Rae sets sights on Liberal leadership

Former Ontario Premier Bob Rae, left, all but officially announced he was entering the race to replace Stéphane Dion as the leader of the Liberal party. Over the weekend Rae confirmed his intensions to run, but has yet to make a formal announcement. Rae is expected to wait until the party sets down the rules and timetable for the leadership campaign before officially throwing his hat in the ring. Rae also ran in the 2006 Liberal leadership race that Dion won. METRO NEWS SERVICES

Palin gets prank call from Quebec comics

U.S. vice-presidential hopeful Sarah Palin fell prey to a Canadian prankster Saturday when he called her impersonating French President Nicolas Sarkozy and got her to accept an invitation to hunt baby seals.

In an over-the-top French accent, a member of the Quebec comedy duo The Masked Avengers, famous for tricking celebrities and politicians including Sarkozy himself, asked if Palin would take him on a hunting trip by helicopter, and then in French said they could also go kill baby seals.

Palin

An apparently oblivious Palin said she thought that would be fun. "We could have a lot of fun together as we're getting work done. We could kill two birds with one stone that way."

The prankster also got Palin, Republican John McCain's running mate in tomorrow's U.S. presidential election, to reveal a potential ambition for the top job in Washington.

Asked if she would like to eventually become president, the Alaska governor responded, "Well, maybe in eight years."

Palin's office quickly admitted they were hoodwinked.

"Governor Palin was mildly amused to learn that she had joined the ranks of heads of state, including President Sarkozy, and other celebrities in being targeted by these pranksters. C'est la vie," Palin spokeswoman Tracy Schmitt said in an e-mail.

During the phone call, which was played for a Montreal radio program, Palin complimented the fake Sarkozy on his beautiful wife, Carla Bruni, and asked him to give her a "big hug" for her. "You added a lot of energy to your country with that beautiful family of yours," Palin said.

Palin also reassured the fake Sarkozy when he said he would not want to bring Vice President Dick Cheney on a hunting trip. Cheney once accidentally shot a hunting partner. REUTERS

Edmonton **Five houses catch fire**

BEN LEMPHERS/METRO CANADA

Firefighters investigate the scene of a house fire in Edmonton yesterday. Five homes were damaged, two of which were ruined, as the blaze caused an estimated $1.2 million in damages.

RCMP say local behind bombings

B.C. PIPELINES Investigators probing another deliberate explosion that targeted natural gas pipelines in northeastern B.C. believe a local could be behind the attacks.

"When looking at when and where the attacks occurred, it is safe to say that the person or persons responsible knows how to locate the sites and has knowledge of the sites," said RCMP spokesman Sgt. Tim Shields in a news conference Saturday.

METRO CANADA

News in brief

TASER A man is fighting for his life in hospital after he was Tasered by police in Calgary's southeast Saturday. Police were responding to a break and enter call.

METRO CANADA

DRUGS, DEATH & ROCK 'N' ROLL.

THE BORDER

After a pop star's death is linked to counterfeit drugs, Agent Bianca LaGarda gets personal in her deadliest assignment yet.

ALL NEW EPISODE

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following Dragons' Den at 8

CBC

cbc.ca/theborder

Teen pregnancy, aggressive behaviour linked to media: U.S. study

Exposure to some forms of entertainment is a corrupting influence on children, leading teens who watch sexy programs into early pregnancies and children who play violent video games to adopt aggressive behaviour, say researchers at the RAND research organization. REUTERS

World

U.S. kids increasingly medicated

More and more U.S. children are being given drugs to fight chronic conditions such as asthma and hyperactivity, according to a new study. From 2002 to 2005, prescriptions for medicines to treat Type 2 diabetes doubled, asthma medications rose by more than 46 per cent, medicines for ADHD increased by more than 40 per cent and prescriptions for cholesterol-lowering drugs were up by 15 per cent. REUTERS

Campaign '08: True lies

The opposing campaigns in the 2008 U.S. presidential race have come under closer scrutiny than ever before thanks to websites such as www.politifact.com and www.factcheck.org, which analyze candidates' claims for accuracy.

And the fact is that Barack Obama and John McCain have lied almost constantly. Here are examples. METRO WORLD NEWS

McCain

1 **When:** June 5, Aug. 27.
Claim: Obama blocked a vote labelling Iran's Islamic Revolutionary Guard a terrorist organization; he declared the Iran threat "tiny."
FACTCHECK: Obama co-sponsored a bill calling the Revolutionary Guard a terrorist group; and Obama actually said Iran was a "tiny" threat — in comparison to Russia. McCain left that important bit out.

2 **When:** July 3, July 8, July 14, Aug. 12, Sept. 12, Sept. 18.
Claim: Obama wants to raise taxes for anyone on more than $32,000 US and has voted 94 times for tax increases.
FACTCHECK: Most earning under $250,000 a year would see taxes fall. Of the 94 votes, 23 were against tax cuts, not for tax raises; and seven would have produced lower taxes.

3 **When:** Sept. 4, Sept. 12, Sept. 22.
Claim: Sarah Palin said she had opposed, all along, the Bridge to Nowhere in Alaska.
FACTCHECK: Palin supported the project during her run for governor. She still received all the funds for the bridge, but could spend them as she liked.

Obama

1 **When:** April 29
Claim: McCain wants U.S. troops to remain in Iraq for 100 years.
FACTCHECK: McCain was referring to peacetime, as in Korea and Japan.

2 **When:** July 14, Aug. 14.
Claim: Obama said he would fast-track alternatives to imported oil. He also said if Americans properly inflated their tires, it would save as much oil as offshore drilling would produce.
FACTCHECK: The fast-track is a 10-year research fund. That's all. And the claim about properly inflating tires is absolute nonsense.

3 **When:** Sept. 19, Sept. 20.
Claim: Obama says McCain wants to cut benefits in half, that McCain wants to invest retirement funds in the stock market and elderly women would starve because of recent stock market turmoil.
FACTCHECK: Existing retirees would be unaffected. In fact, no one born before 1950 would even be touched.

Read biographies of both candidates and more election coverage at metronews.ca/world.

Metro readers back Obama

JIM REYNO
jim.reyno@metronews.ca

metro life panel

SURVEY According to Metro readers worldwide, yes he can. And he will.

Respondents to a recent Metro Life Panel survey overwhelmingly support Democratic candidate Barack Obama as the next president of the United States.

Three quarters of those surveyed say they hope Obama defeats Republican John McCain in tomorrow's election. About 70 per cent of Canadians surveyed back Obama. Even more Metro readers believe Obama will win: 82 per cent (80 per cent in Canada).

Whoever does win will have some fences to mend. A staggering 85 per cent of respondents believe the reputation of the U.S. has worsened in the eight years under George W. Bush's presidency — that number rises to 92 per cent among American respondents.

But when it comes to what the next president should make his top priority — it's the economy, stupid. More than half of Metro readers say the financial crisis is the key issue for the next U.S. administration. Americans (67 per cent) and Canadians (65 per cent) feel most strongly about that.

The survey involved readers from Canada, the United States, Spain, France, Italy, Portugal, Denmark, the Netherlands, Sweden and Hungary.

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1133 West Hastings Street Vancouver, BC	900 West Georgia Street Vancouver, BC	20393 Fraser Highway Langley, BC	1665 56th Street Delta, BC
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Comment & Views

Comment

It's a mag, mag world in winter

HineSight

Anne Hines

November. Time to participate in some traditional Canadian winter activities.

Such as complaining and checking out immigration opportunities in Bermuda.

The key to getting through winter is to get outside and do something enjoyable. I favour a nice brisk run to the store to grab some magazines and then hole up for the duration.

I once read a stunning statistic that said the average Canadian reads more magazines per year than … well … people who don't read as many. So today, I bought my stash.

First up, a glossy money management magazine. The lead article advises me to, "Put all disposable assets into buying discounted stocks." I would do that, but I just used them to buy the magazine.

Women's magazines are often accused of being solely obsessed with weight loss. This is untrue. The one I bought was also obsessed with sex.

A women's monthly had the usual piece on "the secret to keeping off the weight." I always think these articles should be titled, "Never eat anything you really like ever again."

Women's magazines are often accused of being solely obsessed with weight loss. This is untrue. The one I bought was also obsessed with sex. How to do it, when to do it, who to do it with. In my life that kind of list usually pertains to a car pool. I did enjoy the article "Money can't buy happiness" which would have been even better if it weren't followed by a ten-page spread of the trendiest bags and accessories that assure you it absolutely can.

A high fashion rag featured Brooke Shields wearing "Fabulous Holiday Party Fashions."

It never bothers me that I don't own any of those gorgeous clothes. It occasionally bothers me that I'd have nowhere to wear them if I did.

A psychology review offered tips for improving your memory. The key is to focus on what you're doing. Concentrate. At least I think it was … I kind of lost interest part way through. What I want to know is why can I remember all the words to the Gilligan's Island theme song, but not the grocery list I made out ten minutes before I left for the store.

Finally, a health magazine promised, "Reading this will make you feel better." The solution is, incredibly, eat properly, exercise and get enough sleep.

This would have made me feel better if I hadn't spent $8.99 for what my mother keeps telling me for free. They also gave, "Ten Coping Strategies for Making It Through Winter."

Tip # 1? Buy magazines.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

No easy solutions for youth violence

By Christine Williams

Christine Williams

On Oct. 21, 14-year-old Rajiv Dharamdial took a shortcut home from school in Brampton, Ont., through a field when he was attacked and stabbed. The youngster dialed 9-1-1 for help and gave police important clues to help find his youth killers, but he didn't make it.

Rajiv's aunt railed against a justice system that she called lax with youth criminals. She isn't alone, as citizens across the country are increasingly outraged by violent crimes linked to gangs. Ironically, a week before Rajiv's burial, the court case began, involving the murder of innocent 15-year-old Jane Creba, gunned down in broad daylight while shopping on Toronto's busiest street on Boxing Day in 2005, highlighting yet another dramatic tragedy of youth violence.

Out-of-control violence is no respecter of persons, nor place. Take, for instance, last weekend's suspected gang-related shootout inside a Calgary strip mall restaurant, killing a man and woman in their 20s.

It's time to quit the politicking about banning handguns as a solution. Criminals don't obey gun bans. Canada already has strict regulations on gun ownership, which included the expansion of the gun registry in the mid-'90s.

The projected cost of $119 million for the gun registry has now ballooned to $20 billion, according to documents obtained by the CBC. Besides, it was a knife that killed Rajiv.

Think what $20 billion could do to curb youth violence?

Some government programs seem to be a step in the right direction. In September, former federal minister of public safety Stockwell Day announced $5 million in funding out of a $33-million National Crime Prevention Strategy — for a project aimed at preventing and reducing gang activity in Toronto. Ontario has also funded community-based mentoring programs. And, in Edmonton, police have reiterated calls for a preventative solution.

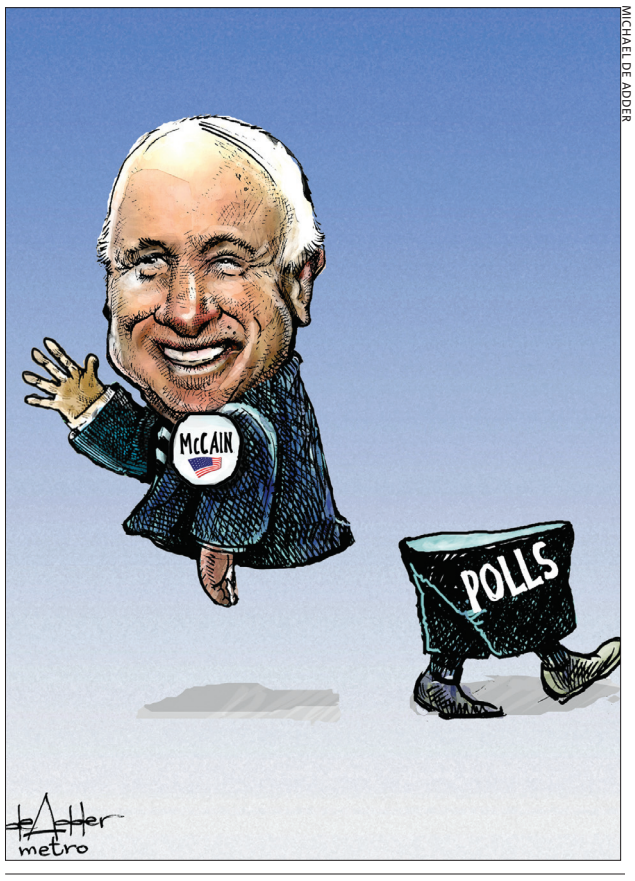
Most perpetrators of deadly violence are poor youth with gang affiliations, whose families are in desperate need of education and mentorship. Many are trapped in a vicious cycle of children having more children. Take for example, the horrific shooting of 18-year-old Amon Beckles in 2005 at a Finch-area Toronto church. He was attending the funeral of his friend who was also gunned down. Amon was a father.

Like Amon, many victims of gang crimes are involved in gangs, so mainstream society understandably empathizes more when a knife or bullet kills young innocents. If we toughen penalties, then they need to be combined with mandatory rehabilitation strategies to lower the rate of recidivism. But the best hope is prevention.

Kudos to the dedicated individuals within high-risk communities who are working tirelessly on the front lines by mentoring and educating.

Kudos to the dedicated individuals within high-risk communities who are working tirelessly on the front lines by mentoring and educating.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

Letters

Coreen, via e-mail

Re: Wai Young's request for yet another recount (Oct. 29).

Why can't Mr. Young accept defeat gracefully instead of costing citizens more money for another recount?

Who can only guess what kind of spending he would have gotten into had he been elected.

Stephen Kawamoto, SURREY

Re: Taser cop kills motorcyclist whilst DUI in Tsawwassen

Why isn't he charged and not on leave with pay?

If he were a civilian, then that'd be the case.

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The power of aluminum
The energy saved by recycling just one aluminum can would power a TV for three hours, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

Going Green

The sleep factor

Screensavers don't save electricity. Instead, set your computer to go into sleep mode when you aren't actively using it. That can cut your power consumption by five times, according to The Carbon Buster's Home Energy Handbook.
METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Regulation necessary

ScienceMatters

David Suzuki & Dr. Faisal Moola

Consensus is growing that the failure of governments to effectively regulate the banking sector is largely responsible for the huge economic mess we're now facing. Throughout the past few decades, those who were entrusted to protect the public interest have accepted as gospel the idea that governments should get out of the way and let markets self regulate, with disastrous results.

Unfortunately, that ideology has infiltrated our governments' thinking beyond the financial markets. At the heart of many of our most pressing environmental crises is the same belief that governments should abandon their regulatory responsibilities and allow the private sector to get on with business.

At the heart of many ... environmental crises is the belief that governments should abandon their regulatory responsibilities and allow the private sector to get on with business.

I was reminded of this regulatory failure in early October when TransCanada Corporation, one of the world's largest pipeline companies, was granted rubber-stamp approval for a massive gas pipeline across northern Alberta. The pipeline will eventually bring natural gas from the Canadian north over to the Fort McMurray area, where it will be used to fuel further tar sands exploitation.

The pipeline will cross lands belonging to the Lubicon Lake Indian Nation, a small aboriginal community that has fought for decades to have its ancestral lands in the boreal woodlands of northern Alberta recognized and protected. Throughout that time, the Lubicon have seen their traditional way of life eroded as their lands have been leased out to oil and gas companies at a breathtaking pace. They've seen more than 2,000 oil and gas well sites, 32,000 kilometres of seismic lines, and more than 2,000 kilometres of roads pushed through their forests.

The Lubicon Nation is concerned that the new pipeline will not bring long-term benefits to the community, but will instead bring more feeder lines, more clearing, and more gas exploration and other industrial activity that will further fragment and degrade their once-rich hunting and trapping grounds in the boreal forest.

I have followed the Lubicon struggle with great interest. They were a people who lived traditionally off the land until the 1970s when they discovered that development – seismic lines, electrical lines, roads, etc. – was beginning to have an impact on their territory. They chose to fight the plans of the multinational Japanese paper company Daishowa Inc. to clearcut their boreal forests, and for years, they worked tirelessly to protect their land.

Not once but four times now the United Nations has chastised Canada for failing to resolve the Lubicon land-rights dispute, calling what is happening to the Lubicon an abuse of their human rights under international covenants. In August, the UN Committee on the Elimination of Racial Discrimination wrote to Canada, saying there are "doubts as to whether the Government of Alberta and the Alberta Utilities Commission may legitimately authorize the construction of a pipeline across Lubicon Territory without prior Lubicon consent". Even Amnesty International has called for a halt to the pipeline until the Lubicon concerns are met.

But none of that seems to have stopped Alberta from approving TransCanada's jumbo gas pipeline right through the heart of Lubicon lands without Lubicon approval.

The Lubicon's struggle is not new. From Haida Gwaii to Lubicon to Grassy Narrows and countless other aboriginal communities, First Nations people have stood up against powerful industrial interests and indifferent governments. We should support the Lubicon and their actions to safeguard the idea that governments can and should regulate the economy in the public interest.

Ultimately the Lubicon's struggle is about keeping all of us safe. The responsibility of governments to protect the environment hasn't received the same attention from politicians as the recent financial collapse, but in the long run environmental deregulation by government threatens to do a lot more damage to our economies, the health of our ecosystems, and our well-being.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

B.C. glass sponges need protection

Something seriously strange is happening in British Columbia's Hecate Strait. Glass sponges — fragile undersea animals — are building massive reefs.

They're attaching themselves to their dead ancestors, creating gigantic, lattice-type reefs, up to eight stories high and covering hundreds of square kilometres.

This was not uncommon … in the Jurassic period, 145-200 million years ago. Back then, these reef-building sponges created the largest biotic structure in the history of the world. But glass sponge reefs went extinct with the dinosaurs.

Or so we thought. In 1987, scientists found these reef-building sponges up to their old tricks in B.C. It was a startling discovery.

Today, our fragile glass sponge reefs are the only ones known in the world. They remain globally precious and suitable for World Heritage status. Sadly, bottom trawlers destroyed half of the reefs on the north coast before the 2002 moratorium and continue to chew them up in the Strait of Georgia.

These sponge reefs need permanent protection! Please write to Canada's new Minister of Fisheries and Oceans, Gail Shea and B.C. Premier Gordon Campbell.

\Ask that B.C.'s fragile glass sponge reefs become Canada's newest marine protected area. You can also urge provincial politicians to make oceans a priority in the upcoming election.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Carrie West is the communications coordinator for the Canadian Parks and Wilderness Society, B.C. chapter.

Eco-Minded

Kai Chan with Carrie West

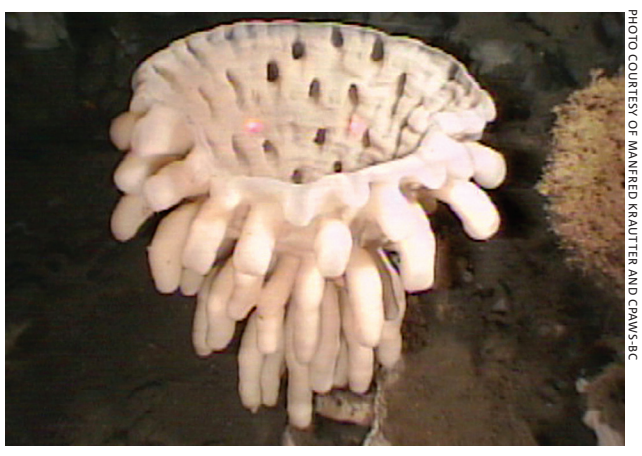

PHOTO COURTESY OF MANFRED KRAUTTER AND CPAWS-BC

B.C.'s finger goblet glass sponges, above, are the only ones known in the world.

Google sets energy goal

First Google transformed the way we find information. Now it aims to revolutionize our energy sources.

"With our plan, we can solve energy insecurity, high oil prices, unemployment in rural areas — and climate change", Google Chairman and CEO Eric Schmidt. He announced Google's initiative, called Clean Energy 2030, in San Francisco recently.

The search giant's goal is to eliminate U.S. coal and oil consumption for electricity generation by 2030. It also aims to reduce U.S. oil use for cars by 38 per cent and dependence on imported oil by 33 per cent. According to Google, the goal can be achieved by investing in alternative energy. "It's cheaper to fix global warming than to ignore it", explains Schmidt. But it won't be cheap: Google estimates that its plan will cost $4.4 billion. The company calculates the return at $1 trillion.

"One should always be skeptical of bombastic goals, but Google has the right idea", says Prof. Daniel Kammen, Director of the Renewable and Appropriate Energy Laboratory at the University of California, Berkeley. "And it's vitally important that innovative companies like Google get involved in this."
METRO WORLD NEWS

Investment

- To date, Google has invested $45 million in alternative energy. The company says it's offering its plan for debate and declines to specify how much more it will invest.

Third Quebecer pleads guilty in gas price-fixing case

Pierre Bourassa, a former sales representative for Les Pétroles Global Inc. in the Sherbrooke and Magog regions, pleaded guilty Friday to a Quebec gas price-fixing case. He was given a 12-month community service sentence. **CBC NEWS ONLINE**

Business

Ted Rogers in hospital

Media giant Ted Rogers remains in a U.S. hospital where he is being treated for an existing heart condition. Friends said he had improved slightly since his planned stay began on Saturday. Rogers, 75, who underwent a triple bypass in 1992, has had numerous heart and other health problems dating back to his childhood. **TORSTAR NEWS SERVICE**

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Investors await election results

Canadian investors will be riveted by the U.S. presidential election this week, searching for signs that a new leader will help steer markets clear of the financial crisis threatening the global economy.

Though the benchmark index of the Toronto Stock Exchange has barely budged the day after the last five U.S. elections, this time promises to be different because of the market meltdown.

Tomorrow's election will remove all guesswork about who the next president will be and will let the United States focus anew on efforts to steady the economy.

"Regardless of whether (Barack) Obama or (John) McCain gets in, the removal of that uncertainty factor might boost equity markets in the very short term," said Elvis Picardo, analyst and strategist at Global Securities. **REUTERS**

Singapore **Disgruntled investors**

VIVEK PRAKASH/REUTERS

Former National Trades Union Congress chief Tan Kin Lian, centre, stands with some 200 disgruntled investors at Speaker's Corner in Singapore on Saturday to protest against banks who they say mis-sold products linked to Lehman Brothers.

As loonie falls, Hollywood North hopes for recovery

FILM As the Canadian loonie reached parity with the American greenback earlier this year, producers of multimillion-dollar feature films began moving their productions to New York because it is less expensive to shoot there, an insulting role reversal for Hollywood North.

But things are beginning to look up as investors invest in the U.S. dollar, a safe haven, causing the loonie to fall.

Neal Clarance, a Vancouver-based media consultant for Ernst & Young, said the low Canadian dollar is good news for the film industry, but there's the question of whether it will stay low. **TORSTAR NEWS SERVICE**

Credit crisis puts CanWest's debt rating under review

MEDIA Bond-rating agencies DBRS and Moody's are putting CanWest Global Communications Ltd.'s debt ratings under review

Shares in the media company have lost two-thirds of their value since September.

Analysts say CanWest has been particularly hard hit by the ongoing credit crisis after borrowing heavily over the years to build an impressive stable of media assets that include the Global television network and the National Post newspaper.

Analysts say CEO Leonard Asper now faces the unenviable task of navigating Canwest through a looming economic recession with $3.6 billion of debt. **TORSTAR NEWS SERVICE**

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In brief

CHOCOLATE Potentially tainted Hershey's chocolate has been discovered in Oshawa and Niagara Falls, Ont., just days after federal inspectors removed 640 pieces of candy from five Toronto stores. The chocolate was recalled in November 2006 after salmonella was found in an ingredient. **TORSTAR NEWS SERVICE**

STRIKE Boeing Co.'s 27,000 assembly workers voted to approve the company's four-year contract offer Saturday, ending a strike that has stopped production at the plane maker's Seattle area plants for 57 days. The International Association of Machinists and Aerospace Workers walked off the job on Sept. 6, demanding better pay and limits on outsourcing. **REUTERS**

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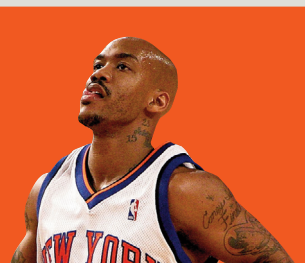
Brodeur's streak comes to an end
New Jersey Devils goaltender Martin Brodeur has been ruled out for today's tilt with the Buffalo Sabres after suffering a bruised left elbow in Saturday's game against Atlanta. Brodeur will see his streak of consecutive regular-season starts end at a career-high 51 games. **METRO NEWS SERVICES**

Sports



Marbury on the way out?

New Knicks coach Mike D'Antoni reportedly wants the club to waive point guard Stephon Marbury. The New York Post reported yesterday that D'Antoni, in his first season on the bench for the Knicks after four-plus seasons coaching the Phoenix Suns, wants the Knicks to cut ties with the embattled point guard.
METRO NEW SERVICES

SPORTS@METRONEWS.CA

Wings power past Canucks

NHL RECAP

Red Wings 3 Canucks 2

VS

ANDY CLARK/REUTERS

Canucks' goalie Roberto Luongo reaches for a shot that hit the post off the stick of Detroit's Henrik Zetterberg, left, during the Red Wing's 3-2 victory yesterday in Vancouver.

THE SKINNY: Mikael Samuelson, Brian Rafalski and Henrik Zetterberg all scored powerplay goals for the defending Stanley Cup champs and Chris Osgood stopped 25 of 27 shots as the Wings ended the Canucks brief two game winning streak. Henrik Sedin and Kyle Wellwood replied for Vancouver, but the Canucks were only able to bury one of their thirteen shots in the third period.

THE HOME WRECKERS: Detroit's three power-play goals ruined Vancouver's perfect penalty killing record on home ice this season. The Canucks had killed off twelve straight man advantages until the Wings scored on three of their five opportunities last night.

THE IMMOVABLE OBJECT: Tomas Holmstrom finished without a point, but guess who was parked right in front of Roberto Luongo on two of the Red Wings three goals.

THE KEEPER: If Kyle Wellwood continues to play like this, Vancouver has to find a way to keep him in the lineup after Pavol Demitra gets healthy. Wellwood's goal gives him five points and a shootout goal in his six games since returning to the Canucks.

THE STAT: Chris Osgood has been Os-great against the Canucks in his career. The veteran netminder is now 16-4-1 all-time versus Vancouver.

THE RATING: There's always a buzz when the defending champs come to town, especially when it's an Original Six team. This one lived up to the hype. 5 out of 5 stars.

THE NEXT GAME: The Canucks host the Nashville Predators on Tuesday night in the second of six straight games at GM Place.
SCOTT RINTOUL/METRO VANCOUVER

Titans remain perfect

NFL ROUNDUP

FOOTBALL Rob Bironas kicked a 41-yard field goal 5:24 into overtime to keep the Tennessee Titans unbeaten with a 19-16 victory over the Green Bay Packers at LP Field yesterday.

Bironas had a chance to end the game in regulation, but his 47-yard attempt as time expired bounced off the right upright. The Titans won the coin toss to start the extra period and immediately gave him another chance.

Dolphins 26 Broncos 17 — At Denver, Ronnie Brown rushed for a score just outside of three minutes remaining in a two-point game and Will Allen had a 32-yard interception return for a touchdown as Miami held off Denver.

Jets 26 Bills 17 — At Buffalo, Abram Elam returned an interception 92 yards for a touchdown and Thomas Jones ran for a score, as New York downed Buffalo in an important AFC East matchup.

Bears 27 Lions 23 — At Chicago, Rex Grossman filled in for an injured Kyle Orton and ran for the winning touchdown as Chicago came from behind to down Detroit.

Bengals 21 Jaguars 19 — At Cincinnati, Ryan Fitzpatrick threw for 162 yards and two touchdowns, and Chad Johnson caught both, giving the Bengals a win over Jacksonville in what was Cincinnati's first victory of the year.

Giants 35 Cowboys 14 — At New York, Eli Manning threw three touchdowns as New York crushed Dallas in an NFC East showdown.
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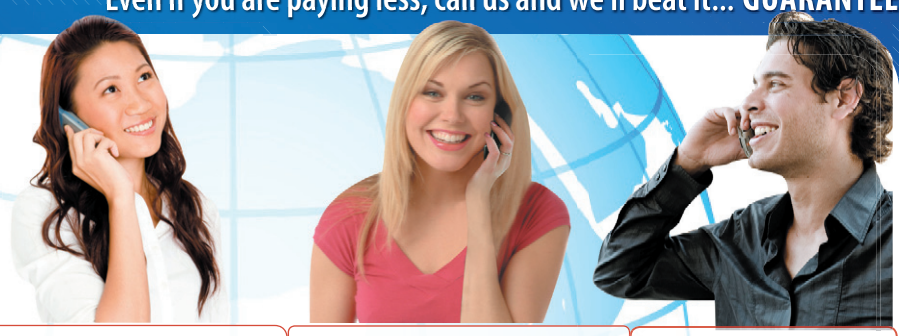

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Palmer wins by one

Ryan Palmer survived a one-shot penalty to claim a one-shot victory at the Ginn sur Mer Classic yesterday. Palmer, who was 143rd on the PGA Tour money list and desperate to squeeze inside the top 125 to secure his card for next season, made an 11-foot birdie putt at the 18th for a 7-under 281 to claim his second career title. REUTERS

Canucks expose shootout flaw

Lost in Friday's wild win by the Canucks over the Ducks is the flaw in the current shootout format.

Though some people enjoy watching teams empty their benches in an attempt to gain an extra point, I'm not one of them.

Mattias Ohlund deserves a tonne of credit for clutching up as the 13th shooter, but the NHL should adopt the shootout

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

rules that govern the World Junior tournament. In that format, if the first three shots result in a tie, anyone can participate in the next three attempts including any of the players that have already shot.

The whole idea of the shootout in the NHL is entertainment. The thought of watching Kyle Wellwood and Ryan Getzlaf having another crack at scoring on Friday night is far more entertaining than the odyssey that ensued.

Though the current design does produce unlikely heroes from time to time, it also provides many lackluster moments from players that either aren't skilled enough or not creative enough to deliver an entertaining attempt.

• With a home playoff date on the line this past Saturday in Calgary, the B.C. Lions reverted to the inconsistency that plagued them early in the season.

As the Riders proved in last season's playoffs, talent doesn't win football games.

Missed tackles, blown assignments and untimely turnovers proved to much to overcome despite some outstanding individual performances against the Stampeders. The most worrisome trend for Lions' fans is the team's inability to play to its potential in games that matter most.

In the past ten games, the Leos have played six that could be considered litmus tests; they are a pedestrian 3-3 in those contests. That statistic suggests that B.C. is good enough to beat any team in the playoffs, but could just as easily bow out in the first round.

That said, if the Lions play as well as they can in the upcoming Western Semi-final, they will advance to Calgary for another crack at the Stampeders.

This B.C. club is more talented than the host Roughriders, but as the Riders proved in last season's playoffs, talent doesn't win football games.

• The Vancouver Giants stellar start to the regular season has gotten head coach Don Hay to a milestone quicker than expected.

Saturday's 4-3 victory over Brandon was the 400th win of Hay's career in the WHL, and the 12th win in 15 games to start the season for the Giants.

Hay has done in Vancouver the same thing he did in Kamloops in the early 90's — built a team that is a championship contender every single season and is extremely difficult to play against on a nightly basis. Nobody that buys a ticket to a Giants' game ever leaves feeling cheated because Hay's teams work hard every shift, win or lose.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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*Interview with the winner and publication of the winner's photographs is optional. Terms and conditions available online. Metro Global Photo Challenge received 30,868 entries last year, making it one of the largest competitions in digital photography in the World. Open to non-professionals and professionals.

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Hamilton youngest F1 champion yet

AUTO RACING RECAP

BRAZIL McLaren's Lewis Hamilton roared into the record books as Formula One's youngest champion yesterday when he snatched the title in last lap drama at the Brazilian Grand Prix.

In one of the most thrilling finales the sport has seen, the 23-year-old Briton was mere seconds from failure.

Needing to finish fifth to win the title, Hamilton began the final lap in sixth, with title rival Felipe Massa cruising to victory.

With the title disappearing as fast as Massa's Ferrari was taking him to the finish in front of his home fans, Brazil prepared to celebrate.

Salvation came in the shape of Toyota's Timo Glock, with the German struggling for grip after staying out on dry tyres.

SERGIO MORAES/ REUTERS

Lewis Hamilton

Vettel overtook his compatriot for fourth and then Hamilton powered past Glock as the final corner approached. Some 18 seconds later, the title was won. REUTERS

SCOREBOARD

NHL

YESTERDAY'S GAMES

Carolina 6 Toronto 4
Edmonton 5 Philadelphia 4
Atlanta 5 Florida 3
Anaheim 3 Calgary 2
San Jose 5 Colorado 3
Detroit 3 **VANCOUVER** 2

TONIGHT'S GAMES

Buffalo at New Jersey, 4
Columbus at N.Y. Islanders, 4
Colorado at Chicago, 5:30

TOMORROW'S GAMES

Carolina at Toronto, 4:30
N.Y. Islanders at N.Y. Rangers, 4
Washington at Ottawa, 4:30
Phoenix at Calgary, 7
Nashville at **VANCOUVER**, 7
Anaheim at Los Angeles, 7:30
Minnesota at San Jose, 7:30

NFL

TONIGHT'S GAME

Pittsburgh at Washington, 5:30

YESTERDAY'S GAMES

Chicago 27 Detroit 23
Minnesota 28 Houston 21
Tennessee 19 Green Bay 16 (OT)
N.Y. Jets 26 Buffalo 17
Arizona 34 St. Louis 13
Baltimore 37 Cleveland 27
Cincinnati 21 Jacksonville 19
Tampa Bay 30 Kansas City 27 (OT)
Miami 26 Denver 17
N.Y. Giants 35 Dallas 14
Atlanta 24 Oakland 0
Philadelphia 26 Seattle 7
Indianapolis 18 New England 15

1) $6,000 will be split into three draws of $2,000 2) Winner must be present to win $2,000 each week and can only win once per draw date. 3) Winner has five minutes to present themselves to Guest Services in order to be considered present for the $2,000 draw, otherwise cash is rolled into subsequent draws. 4) If the winner is not present within allotted time, a bonus draw with be held for $200 from the remaining entries (also must be present to win). 5) Total potential jackpot to be awarded is $36,000. *Must be a BC Gold Member to enter and win. See Guest Services for more information.

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University of Lethbridge lures renowned neuroscientist
Acclaimed neuroscientist Bruce McNaughton is moving his research program from the University of Arizona to the University of Lethbridge's Canadian Centre for Behavioural Neuroscience after winning one of 3 $20-million Polaris Awards, the richest health research award in Canada. METRO NEWS SERVICES

Workology

Habs worship
In January, the Université de Montreal's theology faculty will offer a course on the relationship between religion and the Montreal Canadiens. The hockey team has several religious connotations, such as its French nickname Sainte-Flanelle (the Holy Flannel). METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Just be your ornery, angry, difficult self

OddJobs

Vesna Saric trains soldiers not to need to use violence in tough situations.

One afternoon, in the bush outside Kingston, Ont., Vesna Saric blockaded the road with a pile of rocks and demanded money for her two dead sheep.

The soldier she was speaking to through an interpreter did his best to calm her down, kindly refuse her requests for money and eventually get her to clear the road.

Half an hour later, it was over. Another successful military training exercise complete. The soldier learned a little about dealing with civilians in difficult situations and Saric simply had fun doing her job.

As a military role player, Saric, 53, has done dozens of these types of simulations to help members of the Canadian Armed Forces learn to negotiate and communicate with locals in the countries they're visiting.

Saric is Bosnian and was an Arabic/Serbo-Croatian interpreter in her home country and in the Middle East. But the after-effects of war made her decide to immigrate to Canada, and she moved to Ottawa in 2002. Through an agency, she started doing part-time work for the Department of National Defence, briefing military staff on Bosnian culture.

Two years later, she was asked to help gather a group of Bosnians to act as role players for a training exercise. They headed off to Kingston for five days. In the ten different scenarios they staged, Saric and her fellow role players pretended to be villagers, chiefs of police and hospital administrators. "They're not actors. The only big requirement is that they play themselves," says Saric.

Although the days were long and the exercises had to be repeated for every soldier doing the training (one actor would do the part a handful of times and then another would step in), the work was fun. All the role players had to do was follow a very basic script, be helpful if the soldier did things right and become increasingly difficult if he or she was rude or broke a cultural rule. Even if different actors played the same role in a vastly different way, that was fine: soldiers were going to meet all kinds of people while on deployment.

Saric has just completed her masters in political science at Carleton University and is looking for a new job that suits her skills. She still helps organize training scenarios, and recruits people to role-play locals from Afghanistan, Somalia, Haiti and Sudan — places Canadian forces are deployed today. With few Canadian soldiers in Bosnia today, she just participates in sessions where various ethnicities are needed, and does it about twice a month. That's fine: she still gets to be herself.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Military Role Player
Education/training: You must be able to follow a simple script and basic instructions in English — but otherwise talk in your native tongue and be yourself
Best Part of the Job: "It's very big fun. It's also nice to help soldiers learn to communicate with people who are not native English speakers."
Worst Part of the Job: "Waking up at 4 am to be on the job in Kingston at 8 am."

Best to steer clear of the rumour mill

OFFICE WORKPLACE They say "loose lips sink ships," and most executives concur, a new survey suggests. Eighty-four per cent of marketing and advertising executives said it's common for employees to engage in office gossip, and nearly two-thirds (63 per cent) said it has a negative effect on the workplace.

In the study, developed by The Creative Group, advertising and marketing executives were asked, "In your opinion, how common is it for employees to engage in office gossip?" Their responses:

- Very common 41 per cent;
- Somewhat common 43 per cent;
- Not very common 14 per cent;
- Not at all common 1 per cent.

Respondents also were asked, "Do you think office gossip has a positive or negative effect on the workplace?" Their responses:

- Very positive 1 per cent;
- Somewhat positive 9 per cent;
- Neither positive nor negative 27 per cent;
- Somewhat negative 38 per cent;
- Very negative 25 per cent.

"Gossip occurs in every workplace, but in times of economic uncertainty rumours can become more prevalent and negative in tone," said Megan Slabinski, executive director of The Creative Group. "Employees may speculate about changes within their firms, and staff members who question their job security might spread rumors about coworkers with whom they feel competitive."

Slabinski noted that open communication is the best defence for an overactive rumour mill. "Sharing information quickly and candidly can prevent employees from speculating," said Slabinski. "It's especially important during times of change to address concerns directly."

METRO NEWS SERVICES

Tips

- The Creative Group offers these additional tips to help managers curb office gossip:
- Check in. Visit one-on-one with staff members. Professionals may be more inclined to share concerns in an informal setting.
- Keep doors open. Workers become anxious when managers speak behind closed doors and in hushed tones. Try to maintain as much accessibility as possible. Consider discussing sensitive issues in less visible locations.
- Pick out bad apples. If there's a single employee who continually spreads negative rumors or gossip, quickly address the issue.
- Lead by example. Avoid saying anything about others that you wouldn't say to them personally.

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Ontario deficit signals cautious PSE spending
The Ontario government recently announced it will run a $500-million deficit, meaning that the Ministry of Training, Colleges and Universities will proceed with caution before earmarking any new PSE projects. **METRO NEWS SERVICES**

Loans and bursaries a must for busy students

MONICA MARTINEZ
for Metro Canada

Student life is often remembered as a thrifty phase synonymous with Kraft dinner meals, basement suites and "Craigslisting" all belongings.

Most students rely on part-time jobs to cover their frugal expenses but for those enrolled in intensive study programs, where part-time work is discouraged, financing an education can be increasingly difficult.

At BCIT's Broadcast Journalism program, students spend the first year taking nine classes, Monday to Friday from 8:30 a.m. to 4:30 p.m. followed by four or five hours of homework.

"Working part-time on top of that would have been insane," said Valerie Malla, 34, a second-year broadcast student.

She relied on BCIT bursaries and said most students take out student loans, save money in advance or rely on their parents to cover expenses.

But Valerie could barely eat with her tight budget, cooking the same type of cheap food everyday. She stopped going out to social activities with friends. With the pressure of school and the financial burden, she had to give up every other aspect of her life.

Simon Fraser University student, Miranda Williams, 27, is in her last year of the teacher's education intensive program. She looks back at the last year as challenging but rewarding.

Working as a server part-time for the first half of the program, Miranda had to leave her job because of the immense workload.

"It's like a full-time job and then some because you take work home. To work on top of that is ridiculous."

Miranda relies on student loans and bursaries to finance her education. "I'm doing something that I love and so take it very seriously."

Passion for pastries fuels culinary move

MARIA COOTAUCO
for Metro Canada

On any given night, Austen Neil's homework can range from the decadent — learning about the history of chocolate, to the practical — how to temper it.

If that doesn't sound like the average student's coursework, that's because it isn't.

The 21-year-old Albertan is enrolled in the advanced pastry program at the Pacific Institute of Culinary Arts in Vancouver where exams aren't multiple choice, they're over the open flame.

When Neil goes to complete her pastry practical exam in December, she'll have five hours to bake nine different sweet confections. She predicts the bake-off will include a bread, cake, two-inch dessert and three-inch dessert.

"I want to try working in a hotel, I want to try little restaurants, moving around, and see where it takes me ... As long as I'm cooking, everything's good."
Austen Neil

"Cooking just makes me happy," she said of her career choice.

"By the time I was 20, I was working in Edmonton managing a modelling agency. I did that for a while but it wasn't me. I kind of lost myself in the office. It didn't make me happy."

So about a year and a half ago, Neil trekked west and enrolled at the institute. She had already earned a culinary diploma before undertaking the pastry program.

The natural choice to cook didn't always seem so obvious. Neil was also an avid photographer and considered making it a career.

"I love them both," she said of her love of cuisine and snapping photos. "But the Food Network was on in the background when I was trying to look at a photography book. And I was like, 'I have to do this.'"

When she graduates on Dec. 19 — her birthday — Neil doesn't know where she'll go next.

"I kind of want to try it all," she said. "I want to try working in a hotel, I want to try little restaurants, moving around, and see where it takes me ... As long as I'm cooking, everything's good."

Austen Neil shows off her creations. Students of the pastry program bake treats for the the Pacific Institute of Culinary Arts Bakeshop and Café.

The lowdown

- The Course: Advanced Pastry
- Where: Pacific Institute of Culinary Arts
- How long: Six months
- How much: $13,375
- Courses: Classes include instruction on French pastries, ice creams and doughs
- For more information, visit: picachef.com

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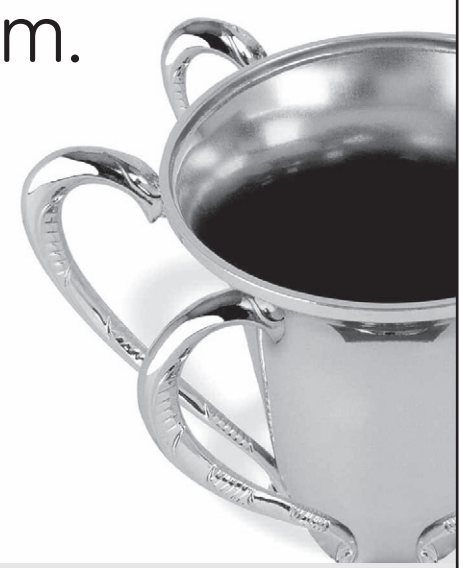

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Garth not returning to Melrose Place
Actress Jennie Garth has refused to return to Melrose Place for a planned remake of the hit TV series. "I don't want to do it," she says. IMDB.COM

Entertainment

Spidey scribe
Pulitzer Prize winner David Lindsay-Abaire, the man behind the hit show Rabbit Hole, is in talks to write the screenplay for Spider-Man 4. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Trip down memory lane

Author Anne Enright revisits old material with Yesterday's Weather

JIM REYNO
Metro Canada

Most of us, if we're truthful, look at old pictures of ourselves and cringe a bit. The same can be said of writers revisiting their words.

"It's really hard to read old work," said author Anne Enright. "Essentially, yes — you'd go back and do it all again. And the other thing is, you can't do it all again because you're 10 years older. You're a different person."

Enright, winner of last year's Man Booker Prize for her novel The Gathering, has taken a look back through her prose. Yesterday's Weather is a retrospective collection of short stories being released in North America for the first time. Its tales of love and family are presented in reverse chronological order.

"It was a very amusing thing to do, and I thought actually that people might forgive the earlier stories," Enright said with a laugh. "Or they might go, 'Oh God, she's really gone off!'"

GETTY IMAGES FILE

Anne Enright book Yesterday's Weather is a retrospective collection of short stories.

In the stories, the Dublin writer reveals both sides of her characters: We see their social interaction, as well as what's going in the limitless expanse of their thoughts.

"They're mostly about ordinary women who have an extraordinary inner life," Enright said. "That's how I phrase it. They have small lives and large thoughts, which I think is basically what we all have, one way or another."

Enright assumes various perspectives in her stories. There's a wife who lives with a promiscuous husband; a daughter whose parents find new life on a vacation cruise; and a new mother overwhelmed by her in-laws in the title story.

"I get a very strong response from that, I really do," Enright said. "Especially from men — funnily enough.

"If people have been in The Zone, which is such an extreme place, when babies are tiny — you just don't know what the hell has hit you."

Enright said some people believe the stories are autobiographical. Not her.

"A lot of the characters in that collection are versions of people who aren't me," she said in a phone interview from a Toronto hotel. "So it's like: Not me, not me, not me. It's all these 'not me's' … They're aspects of yourself that you wouldn't choose to develop, necessarily.

"There's freedom in fiction — that's one of the things we like about it. They are freedoms I took, I suppose."

Yesterday's Weather
BY: Anne Enright
WHAT: Retrospective short-story compilation
FROM: McClelland & Stewart
COST: $27.95

Haunting short on scares and story

JIM REYNO
Metro Canada

The Haunting of Molly Hartley
Director: Mickey Liddell
Stars: Haley Bennett, Jake Weber, Chace Crawford
Classification: 14A
Rating: 🌐½

Everyone knows the drill, the horror-movie drill. Things seem to be going along smoothly, then — boo! — the usually innocuous surprise, like a bark from a dog or a tap on the shoulder from a friend.

Used sparingly, this horror-movie device can be fun and effective. It heightens tension then immediately releases it — sometimes you can hear the sighs of relief in the theatre. It's part of the reason why we enjoy the horror-movie ride.

The Haunting of Molly Hartley is a choppy, disjointed movie.

But used too frequently, this device becomes predictable and, eventually, boring. That's what happens in The Haunting of Molly Hartley, a choppy, disjointed movie short on scares and story.

It's like they couldn't wait to make a movie, so they plowed ahead with the production without developing a plot. The script is lazy: Stuff happens that isn't connected, you can see some events coming a mile away, and — worst of all — a amoral, baffling ending that explains nothing. We're expected to be satisfied knowing that, OK, this is bad stuff over here, good stuff over here. Don't sweat the details.

The cast is fine. Haley Bennett, who plays Molly Hartley, is believable as the sexy, subdued student hiding a lot. Jake Weber plays Molly's father, Robert Hartley. He reprises his role from TV's Medium, playing the sensitive, caring dad. Heartthrob Chace Crawford portrays Molly's romantic interest, Joseph Young. There's not much range in the role, but Crawford fills it dreamily.

But despite solid, likeable performances, everything The Haunting of Molly Hartley tries to do has been done better previously in other movies.

Bond sets opening day record in U.K.

Craig

MOVIES The new James Bond film, Quantum of Solace, debuted in Britain Friday to record one-day ticket sales of $8 million US.

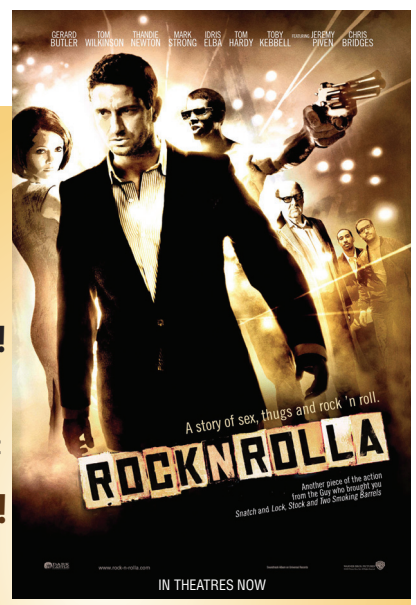
The total tops Harry Potter and the Goblet of Fire, the previous record holder with an opening day haul of $6.5 million in.

In Quantum of Solace, British spy Bond (Daniel Craig) is on a mission across South America and Europe to stop an eco-terrorist from controlling natural resources, and he wants to learn why the woman he loved in previous Bond film Casino Royale betrayed him.

REUTERS

In brief

WEEKEND BOX OFFICE 1. High School Musical 3: Senior Year: $15 million US; 2. Zack and Miri Make a Porno: $10.7 million; 3. Saw V: $10.1 million; 4. Changeling: $9.4 million; 5. The Haunting of Molly Hartley: $6 million. REUTERS



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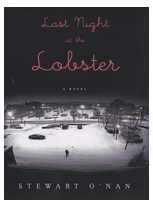
Reunion rumour wrong

Pop star Michael Jackson has ruled out a Jackson 5 reunion. Recent reports had the Jackson brothers — Michael, Jackie, Tito, Jermaine, Randy and Marlon, planning a world tour next year with their singer sister Janet Jackson. **FEMALEFIRST.CO.UK**

Love, loss at Red Lobster

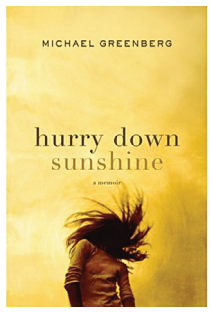
BookPicks



Last Night at the **Lobster**

Author: Stewart O'Nan
Publisher: Penguin Books
Price: $14.50 (Paperback)

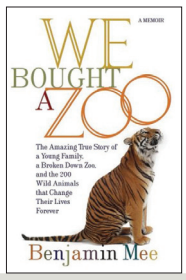
Manny DeLeon is stuck between a fish and an olive. Well, not literally. He's the manager of a Red Lobster in New England that is being forced to close its doors. Not only does that mean Manny is out of a job he's inordinately attached to, but he's being bumped down to assistant manager and transferred to the Olive Garden. Add that to his romance woes — he's struggling between his past lover Jacquie and girlfriend Deena. In Last Night at the Lobster, Manny has one night to keep himself together in spite of what he's got to lose.



Hurry Down Sunshine: **A memoir**

Author: Michael Greenberg
Publisher: HarperCollins
Price: $29.95 (Hardcover)

When somebody is "struck mad", changing her life and personality, who is the first person you think of? Not likely a fifteen-year-old girl. But that was the wearisome experience of Michael Greenberg's daughter Sally that began in the summer of 1996. In Hurry Down Sunshine, Greenberg recalls the manic bout in detail. He describes how Sally began to go mad from the beginning and how, as a father, there was little he could do to help her. Greenberg leaves no stone unturned in his vividly personal account of mental illness.



We Bought a Zoo: **A memoir**

Author: Benjamin Mee
Publisher: Doubleday Canada
Price: $29.95 (Hardcover)

When the Dartmoor Wildlife Park in southwest England was forced to shut down in 2006, Benjamin Mee found opportunity. He moved his entire family to the zoo, joining a host of exotic animals that lived there. With a dream of reopening the zoo, Mee et. al struggled through both animal and human barriers, including the death of Mee's wife due to a brain tumor. In We Bought a Zoo, Mee's journey is communicated through reflection and characterization of the animals, leading to the triumphant 2007 opening of the Dartmoor Zoological Park.

Brian Coulton/for Metro Canada

DAN KITWOOD/GETTY IMAGES

Christina Aguilera has continually reinvented herself since launching her pop career at age 17.

Aguilera reinventing old hits

MUSIC Whether she's exposing her erotic side on the 2002 Stripped album or emulating pinup dolls in videos like Candy Man and Ain't No Other Man from Back to Basics in 2006, Christina Aguilera has continually reinvented herself.

With the Nov. 11 release of Keeps Getting Better: A Decade of Hits, the 27-year-old singer is reinventing old hits.

The album, which will be sold exclusively in Target, includes new versions of Genie in a Bottle and Beautiful, titled Genie 2.0 and You Are What You Are (Beautiful), respectively, plus the new songs Keeps Getting Better and Dynamite. Staples such as Dirty, Come On Over and Hurt also appear.

REUTERS

Bravo set for new fashion shows

TELEVISION With the future of Project Runway still unclear, Bravo has found a couple of projects that could take its place.

The network has given a series pickup to The Fashion Show, which is described as a fashion-design creative competition series. Still in development is the similarly themed Fashion House, a competition series based on a British TV format. The network also is developing Celebrity Sew-Off, in which celebrities compete in a design competition. **REUTERS**

Phillips plead guilty on drug rap

COURTS Former One Day at Time television star Mackenzie Phillips plead guilty to cocaine possession and was ordered into another drug rehab program. Phillips, 48, thanked police for arresting her at Los Angeles International Airport in August, saying "they saved my life." She was charged with possessing cocaine, heroin and a hypodermic needle or syringe.

REUTERS

SARA BAREILLES

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– Sara Bareilles

Ripa rated the hottest Hollywood mom
Actress and talk-show co-host Kelly Ripa is the hottest mom in Hollywood, a list compiled by Fox News.com shows. **FEMALEFIRST.CO.UK**

Kath & Kim gets full season

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

NBC PHOTO

The NBC comedy series Kath & Kim starring Selma Blair, left, and Molly Shannon, has been given a full season pickup.

THE LIVING AND THE DEAD Either everybody was wrong about Kath & Kim, or the networks are more desperate than anyone thought to keep the airwaves buzzing. Last week, I reported that the buzz about the NBC comedy was more of a spit bubble, but the network has given the show a full season pick-up, according to a story in Variety on Friday.

With an average of about six million viewers over its four episodes so far, the Americanized adaptation of the Australian hit has retained enough My Name Is Earl viewers from the preceding Thursday night slot to get an order of a further nine episodes, and the likelihood of a DVD season box set on the shelves by summer.

Another lucky primetime title is Samantha Who?, the Christina Applegate vehicle, which got an order of another seven episodes from ABC, after pulling in 9.6 million viewers last Monday. Things aren't looking so good for 'Til Death, which Fox has pulled from Wednesday night for the next two weeks in favour of House reruns, promising in that vague Fox kinda way to bring it back after November sweeps are over.

The CW has also made some confident noises, upping episode orders for shows like 90210 and One Tree Hill, which have been expanded to 24 episodes, and Gossip Girl, which will be filling out a 25-episode season. It's nice to know that, in these perilous economic times, at least a few showrunners and executive producers will be able to upgrade their car lease to the latest Benz sedan.

"I have sad proof that the world isn't organized in a Cartesian system in which I am the sole central consciousness: Fox has ordered a fifth season of American Dad."

Not so lucky is Valentine and Easy Money, two CW shows that "had been put on hiatus with skeleton crews while more scripts were written," according to L.A. Weekly's insider Nikki Finke. Both have now been put on "permanent hiatus," a Hollywood euphemism that has a meaning much like "concrete tuxedo" does in organized crime, or "non-operative personnel" in the military.

Finally, I have sad proof that the world isn't organized in a Cartesian system in which I am the sole central consciousness: Fox has ordered a fifth season of American Dad, while canceling King Of The Hill after this final, 13th season. I have long been convinced that I was the only person watching KOTH, while I have several sound scientific studies proving that American Dad is only slightly funnier than looped footage of racehorses breaking their legs in crowded turns, writhing in pain before being discretely dispatched out of sight of the crowds. This news confirms that I am not, in fact, the centre of the universe, while there are millions of people out there who will laugh at anything.

Rick McGinnis writes about music, movies, books and television, but not opera.

Tatum takes on role in indie drama

Tatum O'Neal

FILM Tatum O'Neal, Tom Berenger and James Brolin will face deception, corruption and misguided family loyalties in the indie suspense drama Last Will.

O'Neal plays a woman framed for the murder of her wealthy husband (Berenger) in their affluent Midwestern town. She's arrested by a detective (Brolin) and begins a quest to uncover the truth. Brent Huff directs.

It marks O'Neal's first film since pleading guilty to disorderly conduct this summer and entering rehab after attempting to purchase drugs. The actress also has a recurring role on FX's Rescue Me. **REUTERS**

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Bosnian war film wins festival

ROME Resolution 819, a film about the Srebrenica massacre in the last months of Bosnia's 1992-1995 war, won the top prize at the Rome film festival on Friday.

The film tells the true story of a police officer sent by the U.N.'s highest court to investigate the disappearance of 8,000 Muslim men and boys from the Bosnian town after it fell to Bosnian Serb forces. **REUTERS**

On the web

Scott "The Sartorialist" Schuman:

• Street-fashion photographer Scott Schuman reveals what catches his eye and what cities have him hitting his shutter-button. Read it at metronews.ca/style

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#916-MV1

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/3/08	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (N) (CC)		The Border (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	Deal or No Deal (iTV) (N)		How I Met	Worst Week	(:01) Boston Legal (N) (CC)		News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	Dancing With the Stars (Live) (CC)			Corner Gas	CSI: Miami "Wrecking Crew"		News (N)
	-	-	10	OMNI	Scrubs (CC)	According-Jim	Stargate SG-1 (CC)		One Tree Hill (N) (CC)		The Daily	Perspectives	New Day
	252	336	11	GTV	Entertainment	ET Canada	Prison Break (N) (PA) (CC)		Saturday Night Live Presidential Bash 2008 (N) (CC)				News (N)
	256	389	12	VI	Robson Arms	TMZ (N) (CC)	Sarah Connor Chronicles		Two/Half Men	Samantha	(:02) Cold Case (CC)		News (CC)
	253	359	13	CITY	Law & Order: SVU		Friends (CC)	Friends (CC)	Celebrity Fit Club (CC)		Curb-Enthsm	Less-Kind	EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami "Wrecking Crew"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Deal or No Deal (iTV) (N)		Saturday Night Live Presidential Bash 2008 (N) (CC)				News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How Clean	House	Love It or List It (N)		Real Est	Kim	House
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape)			Samantha	(:02) Boston Legal (N) (CC)		News (N)
	-	-	23	KVOS	M*A*S*H	Seinfeld	Go ★★★ (1999) Desmond Askew, Taye Diggs.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	KCTS Connects Vote 2008		Frontline "The Choice 2008" Biographies of Sens. John McCain and Barack Obama.						Torturing Dem
	290	382	28	FOX	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43	PBS	(6:00) Frontline (CC) (DVS)		Michigan Ballot Proposals		Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	64	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65	TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67	WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76	STR	SNL Presidential Bash		News (N)	News		Late Show-Letterman		Late Late Show	
news	502	390	26	NW	Mr. & Mrs. bin Laden (CC)		CBC News: The National (N)		CBC News: The National		Mr. & Mrs. bin Laden (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Air Racing		Hockey	World Sport	Sportsnet Connected		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NFL Football: Steelers at Redskins			SportsCentre (Live) (CC)		Motoring 2008	2008 World Series of Poker		SportsCentre
	411	457	49	OLN	Departures (CC)		Pilot Guides (CC)		Don't Forget Your Passport		The Academy (CC)		Departures
	410	403	54	SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				
	417	406	55	SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		NASCAR Confidential		Auctions
	416	409	144	GLF	(6:00) Fútbol		Gol TV News		2010 Report		Paid Program	Kings Club	Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50	TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Chicken	Life's a Zoo
	557	541	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5	KNO	Life in Cold Blood "Dragons"		Hockey: A People's History		In Search of Mozart (2006, Documentary) (CC)				Haida Art
	575	583	20	CMT	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	Video on Trial (CC)		MuchVibe (CC)		So You Think You Can Dance Canada (CC)			Dance	MuchVibe
	600	564	29	H&G	Income Prop.	House	Holmes on Homes (CC)		Property	Marriage	Income Prop.	My First Place	Home to Stay
	615	520	31	A&E	I Survived (CC)		The First 48 (CC)		Intervention "Annie and Amy"		Intervention "Charles" (CC)		I Survived
	628	584	32	SPKE	CSI: NY "The Ride-In" (CC)		CSI: NY "Sleight Out of Hand"		CSI: NY "The Ride-In" (CC)		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34	TLC	17 Kids-Count	17 Kids-Count	Little People	Little People	Jon & Kate Plus 8 (CC)		17 Kids-Count	17 Kids-Count	Little People
	616	522	39	SHO	Love-Death	Love-Death	Painkiller Jane "Trial by Fire"		Kenny-Spenny	Rent-A-Goalie	My Name Is Earl (CC)		The Office
	620	523	40	BVO	Asylum of Spoons (CC)		Law & Order "Haven" (CC)		Without a Trace "Suspect"		When Trumpets Fade ★★ (1998) Ron Eldard.		
	601	562	41	SLC	Project Runway		Til Debt-Part	Newlywed	Beautiful	Party Mamas	Project Runway		Trading Sp
	520	505	42	DIS	Canada's Worst Driver (N)		Daily Planet (CC)		Dirty Jobs (CC)		Canada's Worst Driver (CC)		MythBusters
	522	506	44	HIS	NCIS "Good Wives Club"		Battle 360 "Hammer of Hell"		Sinking an Aircraft Carrier		NCIS "Good Wives Club"		Crime Stories
	627	528	45	SPC	Eureka "Bad to the Drone"		Stargate SG-1 (CC) (DVS)		Lost "Collision" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47	TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Kingpin ★★ (1996) Woody Harrelson, Randy Quaid. (CC)			
	619	525	48	TROP	TV Made	Very Bad Men (CC)		What	Make	TV Made	Planet Soap	Reality	Final 24 (CC)
	603	561	52	FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Challenge Speed cooking.		Good Eats	Ace of Cakes	Nightmares
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Simple Life	Comedy Net	Daily Show
	320	621	60	CEN	Stargate Atlantis (CC)		Californication	Little Britain	Brotherhood (N) (CC)		Mr. Brooks ★★ (2007) Kevin Costner. (CC)		
	581	566	101	MTV	The Hills (N)	After Show	MTV Live	MTV News	Man and Wife	The Hills	The Hills	After Show	MTV Live
	261	394	102	V	The Protestant Revolution		Mysterious Ways (CC)		Prime Minister	May-Dec.	McLeod's Daughters (CC)		Paid Program
	-	-	109	MUL	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics' corner

Brotherhood
The fabulous Caffee boys, their friends and relations are back for a third season of this acclaimed drama series about an Irish-American family in Providence, R.I. In the premiere, "Uneasy Lies the Head," Tommy (Jason Clarke) thinks about taking the plunge into a new career. Declan (Ethan Embry) launches a corruption investigation but keeps it under wraps. Rose (Fionnula Flanagan) does the same with her declining health. Jason Isaacs also stars. 9 PM on CEN

Saturday Night Live Presidential Bash 2008
The future of the country is no laughing matter, but as Jimmy Buffett famously sang, "If we couldn't laugh, we would all go insane." So sit back and enjoy this new election-eve special featuring the best "SNL" political sketches, including Amy Poehler's impersonation of Hillary Clinton, Fred Armisen's take on Barack Obama, Darrell Hammond doing John McCain and more, along with some political blasts from the show's past. 6 PM on STR; 9 PM on NBC GTV

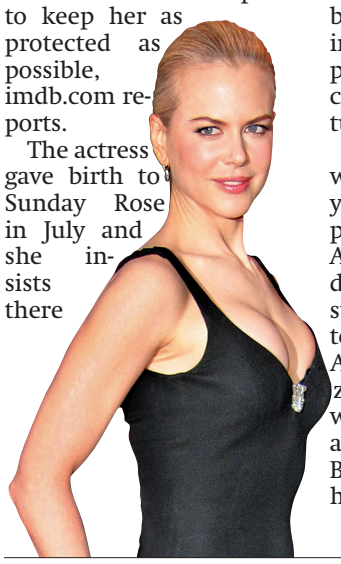
Sevigny splits from rocker

Actress Chloe Sevigny has split from her rocker boyfriend Matt McAuley. The star has been dating the A.R.E. Weapons bass player on and off for the past eight years, but friends insist this split is for good. **IMDB.COM**

Celebrity Buzz

Kidman keeping daughter protected

PARENTING Nicole Kidman refuses to show her baby daughter off to the world because she's made a point to keep her as protected as possible, imdb.com reports.



The actress gave birth to Sunday Rose in July and she insists there won't be any family magazine spread or intimate shots released online.

That means she and husband Keith Urban are willing to fight the world's paparazzi over what has become a top-price first picture of the new baby.

"People say, 'Oh, it would be so much easier if you'd just let them (paparazzi) get a photo of her.' And I can't. I'm like, 'I don't want to. I want her to stay out of that,'" Kidman tells the upcoming issue of America's Parade magazine. "Maybe that will wane as she gets bigger, and I'll be easier with it. But, for now, I'm keeping her in a bubble."

METRO NEWS SERVICES

Olsen planning to wed?

WEDDING Actress Ashley Olsen is planning to marry National Treasure star Justin Bartha in a secret $1-million US ceremony on the French Riviera, according to reports.

The pair is rumoured to be in discussions about possible nuptials in the South of France next summer, imdb.com reports.

According to the National Enquirer, 22-year-old Olsen's wedding party will include twin sister Mary-Kate, her 19-year-old sister Lizzie and half-sister Taylor, 12. Her two brothers are said to have been enlisted as groomsmen for the event. And the star has reportedly tapped her famous friends to help her celebrate.

"Ashley has dreamed of having her wedding on the French Riviera, and she's going to ask her favourite designer, Karl Lagerfeld, to create a custom-designed gown ... She also wants photographer Annie Leibovitz, who Mary-Kate has worked with, to capture the entire extravaganza on film," a source tells the tabloid. Olsen has been dating 30-year-old Bartha since the beginning of the year.

METRO NEWS SERVICES

Alba inspires Spelling

HEALTH Actress Tori Spelling had a hard time regaining her pre-pregnancy figure, but looked to actress Jessica Alba for inspiration to shed the weight, imdb.com reports.

The star welcomed her second child, Stella Doreen, on June 9, whereas Alba gave birth to Honor Marie on June 7.

Seeing photos of a slim Alba spurred Spelling on to get back in shape.

"I would look at pictures of myself and compare them to Jessica Alba, who had her baby two days before me. I'd see photos of her two months after and go, 'Look at her!'" Spelling says.

But being mom to Stella and one-year-old Liam came first to Spelling, and she refused to forfeit her time with them for the sake of her figure.

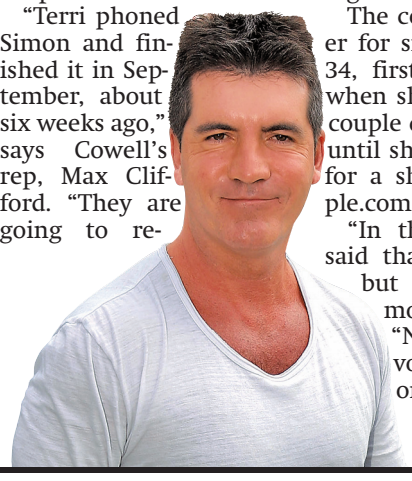
"The best way to lose weight is to make it a family affair," she says. "It has changed my life. It's easier now because I'm not as focused on it. Take your time. If you get obsessed, you'll miss out on great moments with your children."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Cowell, girlfriend call it quits

BREAKUP American Idol judge Simon Cowell and his girlfriend Terri Seymour have called it quits, Cowell's rep confirms to People.



"Terri phoned Simon and finished it in September, about six weeks ago," says Cowell's rep, Max Clifford. "They are going to remain close friends. Simon thinks the world of Terri and that isn't going to change. He also understands her reason for ending it."

The couple were together for six years. Seymour, 34, first met Cowell, 48, when she was 18, but the couple didn't begin dating until she interviewed him for a show in 2002, People.com reports.

"In the past Terri has said that she wants kids but that just isn't Simon," adds Clifford. "Nobody else is involved, certainly not on Simon's side."

METRO NEWS SERVICES

celebrity briefs

Hudson may be dating athlete

DATING Kate Hudson is dating her childhood friend, Los Angeles Clippers star Baron Davis, according to reports. Hudson, who has known Davis since she was 16, has been spotted out with him in Los Angeles, according to Star magazine.

"Kate and Baron looked like they were on a date," a source says. "They enjoyed a few drinks together and whispered in each other's ear throughout the night. At the end, they jumped into his car and drove back to her house in Pacific Palisades. They've been spending more and more time together since Baron moved back to L.A. this summer."

METRO NEWS SERVICES

Electra not rushing down the aisle

MARRIAGE She's wearing an engagement ring, but actress Carmen Electra is in no rush to say "I do," People.com reports.

"That's the thing this time — we're going to avoid everyone else's pressure and go at our own pace," said Electra, whose fiancé is Rob Patterson. "Right now, we're just taking things really slow."

Electra, who was previously married to rocker Dave Navarro and NBA star Dennis Rodman, got engaged to Patterson in April.

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

Nicole Kidman is intent upon continuing to shield her new daughter **Sunday Roast** from the paparazzi. It's effectively a two-pronged message. First, it suggests **Nicole** does in fact have greater maternal instincts than an igneous rock, and secondly it sends a missive to the photographers that the bounty's never been higher on a photo of the kid.

I don't doubt **Kidman**'s ability to successfully conceal the child. She's kept any discernable acting talent hidden for close to twenty years now. No word on how protective **Kidman** feels about **Conor** and **Isabella**, the two children that she and **Tom Cruise** adopted, although given the fact that they're being raised by their father, their comment would probably go something like, "Ahhhhhhhhhhhh!"

Perhaps I'm being far too cynical. Maybe **Kidman** has been struck by the magic of motherhood and she and her hubby really will fight to the death against the prying photogs who vie for the image of their progeny. Maybe all the Botox has frozen your brain, but you had a child, you didn't lay a golden egg! And when's your next bad movie coming out, anyway?

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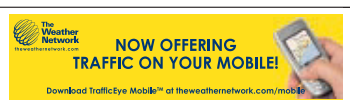
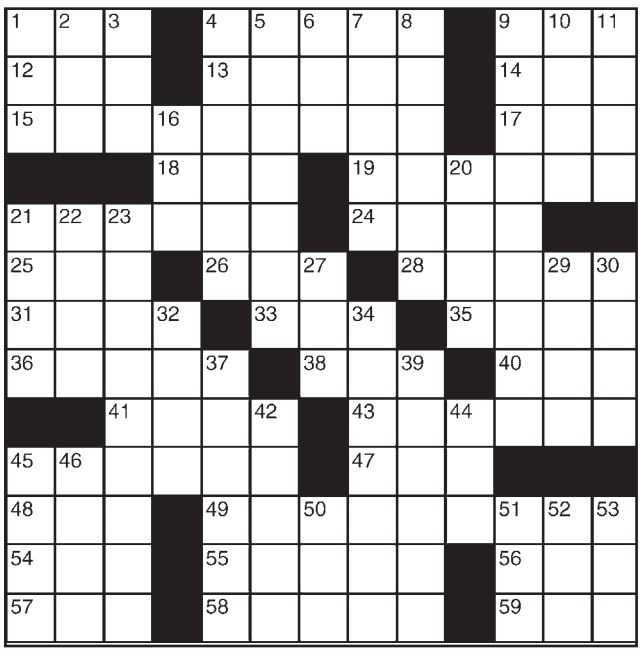
Today 80% Rain 11° / 6°
Tuesday Partly sunny 9° / 6°
Wednesday Variable 9° / 6°



Take Five



Crossword across

1 Mandible
4 Corporate division
9 Bear hair
12 Muslim official
13 Ex-Senator Lott
14 Individual
15 Telegrapher's means
17 Disencumber
18 Savings-plan acronym
19 Forces out
21 Traveled like Columbus
24 Drop a letter?
25 "— Town"
26 U.K. reference bk.
28 US-Canada-Mexico bloc
31 Classroom VIP
33 "Mayday!"
35 Calendar quota
36 Underwear brand
38 Suntan lotion abbr.
40 — out a living
41 Ship's chassis
43 Ducks
45 Hex
47 "Smoking or —?"
48 Blunder
49 Student's easy "A"
54 Petrol
55 Broadcast
56 Gorilla
57 Hearty brew
58 Approaches
59 Tibetan beast

Crossword down

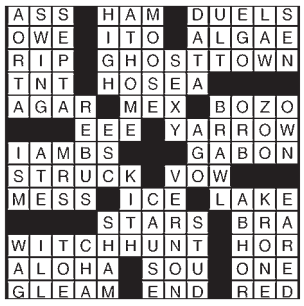
1 Toast spread
2 Past
3 Series of battles
4 Mono alternative
5 Video-game parlors
6 Zodiac feline
7 Finished
8 Mr. Spielberg
9 Compel to eat
10 — pricing
11 Cincinnati team
16 Part of RSVP
20 "Now — me down to sleep"
21 Ex-frosh
22 Emanation
23 Steam locomotive
27 — and don'ts
29 Grasp
30 Belligerent deity
32 Vendetta
34 Actor Tracy
37 Catchphrase
39 Deluges
42 Comic Anderson
44 Name in Burma's history
45 Singer Suzanne
46 Exam format
50 — -la-la
51 Beam of light
52 Resort
53 "A mouse!"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6				8		
		5	8		7	2		
4				9				7
	9	8	4		2	1	5	
	7	2	3		9	4	8	
2				6				1
		7	9		1	3		
		4				6		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	6	2	5	4	3	8	7	9
5	7	8	9	6	2	1	3	4
9	4	3	8	7	1	2	5	6
4	3	6	1	5	7	9	8	2
2	5	1	4	8	9	3	6	7
8	9	7	2	3	6	5	4	1
6	2	5	7	9	8	4	1	3
3	8	9	6	1	4	7	2	5
7	1	4	3	2	5	6	9	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Broiled steak with mustard-glazed potatoes

INGREDIENTS:
¼ cup (50 mL) Dijon mustard
1 tbsp (15 mL) clear honey
1 tbsp (15 mL) cider vinegar
2 cloves garlic, finely chopped
¼ tsp (1 mL) black pepper
1 lb (500 g) lean beef tenderloin
1 ½ lb (750 g) new potatoes
1 large onion, cut into 8 wedges
1 bunch watercress, tough ends trimmed

METHOD:
1. Combine mustard, honey, vinegar, garlic and pepper in a large bowl. Place beef in a shallow bowl. Measure out 2 tbsp (25 mL) mustard mixture and rub all over beef. Marinate for 30 minutes at room temperature.
2. Peel a strip of skin from around each potato. Boil until just tender, about 20 minutes. Drain well and add to bowl of mustard mixture. Toss to coat. With a slotted spoon, transfer potatoes to broiler pan, leaving room for beef and onion wedges.
3. Add the onion to mustard mixture in bowl, turning to coat. Add to broiler pan.
4. Preheat broiler. Add beef to broiler pan and broil 3 inches (8 cm) from heat for 8 minutes, turning beef, onions and potatoes midway through. Let beef stand for 5 minutes before slicing. Serve on bed of watercress.

SERVES 4

PER SERVING
311 calories, 30 protein, 7 g fat, 3 g saturated fat, 66 mg cholesterol, 31 g carbohydrate, 6 g fibre, 191 mg sodium.

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll find evidence of career goals being set aside. Refusing to comply will lead to a dispute. Your devotion is reckoned to be important.

TAURUS
APRIL 21-MAY 21
Take someone's breath away with your thoughtfulness. A woman is going from bad to worse. You'll get wise to someone's brazen ploy.

GEMINI
MAY 22-JUNE 21
Someone is forced to lie. Make someone aware of another person's misery. Pitch in to get chores done quickly.

CANCER
JUNE 22-JULY 22
Opportunity will knock, so be prepared. Pain will make you lethargic. Don't change your working plan just yet.

LEO
JULY 23-AUG 23
A drastic decision must be made now. A concerned person will make some changes. You'll form extraordinary bonds tonight.

VIRGO
AUG 24-SEPT 22
Some wishes will come true. If you don't play by the rules, you'll lose the game. Taking a chance won't pay off.

LIBRA
SEPT 23-OCT 23
Someone from your past fulfills a prediction. Your desire for someone to be in love is justified. A joke is played on the wrong person.

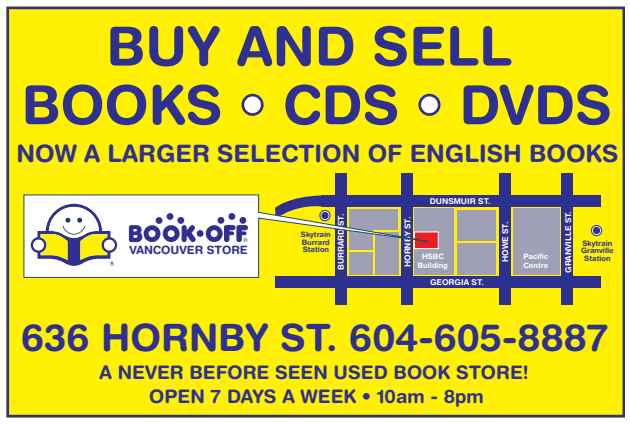
SCORPIO
OCT 24-NOV 22
A meeting has satisfying results. Someone's allergies will erupt. An issue sets off a debate among friends.

SAGITTARIUS
NOV 23-DEC 21
Someone's glance has you dreaming of bliss. You'll hear of some unusual revelations. A family rumour causes anxiety.

CAPRICORN
DEC 22-JAN 20
A boasting guy has a strange story to tell you. Your suspicion is reasonable. Cheer someone up with chocolate.

AQUARIUS
JAN 21-FEB 18
A loyal man stops teasing before someone is hurt. There's no need to fear. A mating game makes you chuckle.

PISCES
FEB 19-MARCH 20
You'll welcome being spoiled by unselfish actions. Acknowledge your errors before they're exposed. Develop your own website for more income.



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